

# GET FIT 30 Day CHALLENGE

## Are YOU ready?



JOIN US this **AUGUST!**

You can lose weight and feel great! YOU can do it!

Want to join a small group and work together on the same GOAL?

**Pre-Register TODAY!**

30 days to a BETTER YOU!

Certified Personal Trainer Emily Diaz (from Boot Camp for kids)

*Location: Meridian Community Center*

*105 Generation Blvd*

*Loganville Georgia 30052*

Additional information can be found at [www.getscuffedup.com](http://www.getscuffedup.com) under "30 Day Challenge".

Registration is \$15 and \$50 -due 1<sup>st</sup> day of challenge

- Each participant will set a 30 day personal GOAL
- Class will meet two times per week for physical training and nutritional coaching.
- Each week we will evaluate personal progress.
- Groups will meet @10:00 AM for nutritional support and 10:30 -11:30 AM for physical conditioning. TUES & THURS

**LIMITED SPACE AVAILABLE-REGISTER NOW TO RESERVE YOUR SPACE**

**BY SENDING A CHECK OR MONEY ORDER FOR \$15 to GET SCUFFED UP- PO BOX 3145 Loganville, GA 30052 OR drop off registration at the front desk of the Meridian Community Center!**

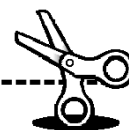
PRE-REGISTRATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

PHONE NUMBER: HOME \_\_\_\_\_ CELL \_\_\_\_\_

Email address \_\_\_\_\_

Personal fitness goal: \_\_\_\_\_



Leave at the Front desk or MAIL Pre-Registration CHECK OR MONEY ORDER to Get Scuffed up 3145 PO BOX Loganville, GA 30052